

# Protect Yourself Against Pesticides!

- 1. Be careful when handling pesticides. They can make you sick, hurt your eyes, cause skin rashes, and even kill you.
- 2. Do not take pesticides home from work. They may not be safe or legal for home use.
- 3. If you apply or handle pesticides, be sure to wear the protective equipment required on the pesticide label.
- 4. Keep pesticides from getting into your body. Pesticide handlers and field workers, wash your hands before eating, drinking, smoking, or going to the bathroom.
- 5. If you are pregnant, talk to your doctor about pesticides and the risks to you and your baby.
- 6. If you are a mixer/loader, applicator, or laborer, wash your work clothes before wearing them again. Wash clothes separately from other family laundry.
- 7. At the end of every workday, shower or bathe with soap and water, shampoo your hair, and put on clean clothes.
- 8. Do not drink, swim, or bathe in irrigation water. Stay out of posted irrigated areas. There could be pesticides in irrigation water.
- 9. Do not put your hands in your mouth or rub your eyes when you have been in contact with pesticides in irrigation water.
- 10. Some pesticide may remain on fresh fruit and vegetables in the field. Wash fruit and vegetables before eating.
- 11. Keep your children and pets out of the fields where pesticides have been applied.
- 12. Use pesticides safely. Follow label directions.

Wear gloves and other protective equipment that is required on the pesticide label.



### Contact Information

**Department of Health**  
1-888-586-9427  
Olympia 360-236-3360  
Yakima 509-575-2056 or  
509-576-3064

**Poison Control Center**  
1-800-222-1222

**TDD Relay Service**  
1-800-833-6388

Shower or bathe after you apply pesticides at work.

